

Intersectorial Plan for obesity prevention and control: Promoting healthy lifestyles and healthy eating for Brazilian people

Obesity is a multifactor disease and its determination is associated to biological, historical, ecological, economical, social, cultural and political aspects. Its impact is directly observed on the health sector, burdening the Health System. However to face the problem it is imperative the mobilization and commitment of various sectors of government.

A recent national research shows that about 50% of the population in Brazil is overweight, and about 15% is obese. Each year there is an average increase of 1% overweight and obesity in adults. And the increase is more expressive among the most vulnerable families.

Obesity and malnutrition are two faces of the food and nutrition insecurity. They usually coexist in the same communities and, in some situations, in the same household with poverty as a determining factor. Chronic malnutrition (stunting) in Brazil, still persists, especially in vulnerable population such as indigenous people. However, what has been observed is an expressive continuous increase of overweight and obesity.

In Brazil, the persistence of social inequities is the result of income inequalities. It's known the relationship between social inequities, food and nutrition security and health.

Considering the epidemiological scenario, the Brazilian government launched the process of development of the **Intersectorial Plan for obesity prevention and control: Promoting healthy lifestyles and healthy eating for Brazilian people**, with the participation of some ministries (Social Development and Fight Against Hunger, Health, Education, Labor, Cities, Sports, Agriculture Development, Agriculture and Finance), with the support of the Pan American Health Organization (PAHO) and the National Council for Food and Nutrition Security (CONSEA).

This development process occurs within a ministerial discussion, at the Technical Committee of the Interministerial Food and Nutrition Security Chamber (CAISAN), composed by 19 ministries.

The Plan is focused on structural actions aimed to promoting the adoption of healthier lifestyles. There are six axes of activities:

1. Increasing the availability of unprocessed or minimally processed foods (physical and financial access) to move away from consumption of ultra-

processed foods, with measures related to the supply and fiscal measures;

2. Actions in education, communication and information.
3. Promotion of healthy lifestyle environments: how to work within the health system, schools, public facilities and socio-assistance network.
4. Food and Nutrition Surveillance to monitor the population nutritional status and dietary intake.
5. Comprehensive health care of overweight / obese people.
6. Regulation and control of quality and food safety, which includes measures related to food advertising, labeling and the improvement of food nutritional profile, with the decrease in the levels of sugar, fat and sodium, as well as monitoring of pesticide residues.

This processing is still consulting specialists and different sectors of society. It's expected to be launched in the beginning of next year.

Technical Committee of the Interministerial

Food and Nutrition Security Chamber (CAISAN) in Brazil.